

Finding God Daily

"Seek and you shall find."

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DECEMBER 14, 2017

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Finding God's Help in Anxiety Attacks (Panic Attacks)

GODTEST

December 9, 2013 by [Finding God Daily](#) [Leave a Comment](#)

By Ava Pennington:

Experiencing anxiety attacks? Don't panic! Seek God and find His help.



I had worked my way up the corporate ladder until I reached the position of Vice President, Human Resources for a financial services company in New York City. My job included responsibility for employees both in and outside the United States. The position required travel to destinations such as Mexico City, London, Caracas, and cities across the United States.

How do I find God?
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The job was everything I wanted...until the attacks started. My desire to be in constant control, including control of my surroundings, produced bouts of severe anxiety. Alone in unfamiliar hotel rooms, waves of fear engulfed me late at night as I fought to maintain calm.

I tried everything I could think of. I prayed. I read the Bible. I made lists of Scripture verses dealing with the subject of fear. I memorized those verses. Nothing worked. If anything, the anxiety attacks increased in frequency and intensity. I was a Christian – how could this be happening to me? I desperately wanted to be like David when he wrote, “In God I trust and am not afraid” (Psalm 56:4 NIV).

Finally, I asked myself one question. If the God of the universe is trustworthy enough for me to place my eternal soul in His hands, how could I not trust Him for the next five minutes? And the five minutes after that? And then the five minutes after that?

I watched the clock – minute by minute – as I asked myself that question over and over and over again. I reminded myself of God’s attributes of love, mercy, and compassion, as well as His attributes of strength, sovereignty, and trustworthiness. The anxiety attacks diminished, and finally disappeared, as I rested in the realization that the God of creation can be trusted for eternity *and* for today.

With me, find God as you trust Him, one minute at a time, regardless of your circumstances.

Ava Pennington teaches a Bible Study Fellowship class. She is also the author of [*Daily Reflections on the Names of God: A Devotional*](#), published by Revell Books and endorsed by Kay Arthur.

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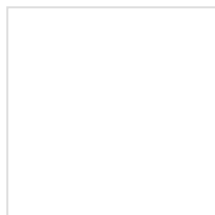
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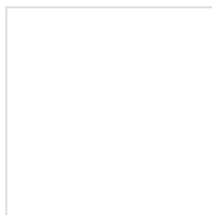
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LIVING STORY

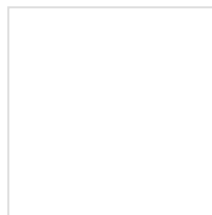
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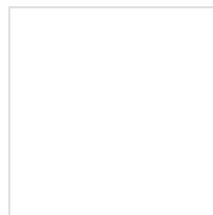
Finding God in Attacks



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Find God in the Life of Frances Ridley Havergal

December 5, 2013 by [Finding God Daily](#) [Leave a Comment](#)

By Karen O'Connor:

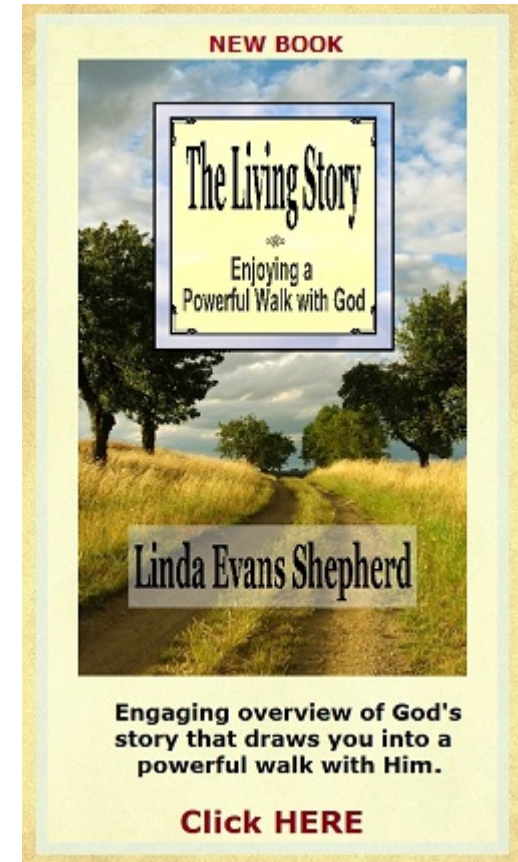


It's easy to find God in the life of Frances Ridley Havergal, writer of many beloved hymns.

“Frances was a bright but short lived candle in English hymnody. She was baptized by hymnist [John Cawood](#). She was reading by age four, and began writing verse at age seven. She learned Latin, Greek and Hebrew, and memorized the Psalms, the book of Isaiah, and most of the New Testament.” (From [cyberhymnal.org](#))

Frances' words and breath were about the love of God and the salvation offered by Jesus Christ. She lived a simple, quiet life, selling all of her jewelry to devote herself to ministry and writing, and taking no apparent interest in anything that was going on in the world except saving souls for Christ.

Her best loved hymns include: **“Take My Life and Let it Be,” “Lord, Speak to Me,” and “Who is On the Lord’s Side.”**



LINDA'S BOOKS

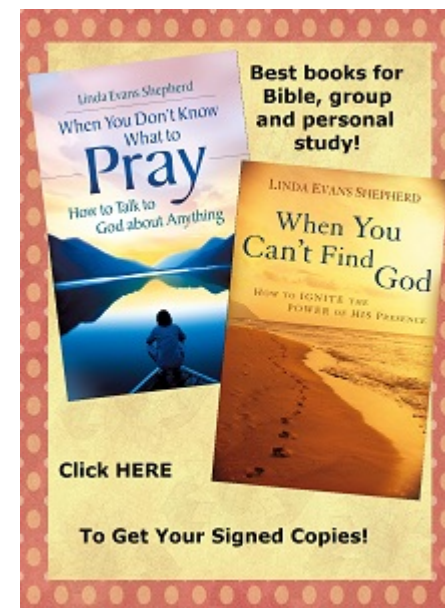
She is buried next to her father at Astley Church in Astley, England. The inscription on her tomb says it all. "By her writings in prose and verse she being dead yet speaketh." She also wrote religious tracts and works for children.

Be inspired by this YouTube video of "Take My Life and Let It Be" and you too will surely find God in the life and [hymns of Frances Ridley Havergal](#).

Take my life and let it be



Familiar with a different version? Here's that one too:



THINKING ABOUT SUICIDE



SUBSCRIBE TO WOMEN IN MINISTRY EZINE

Take my life and let it be hymn



©Karen O'Connor. Karen is an author, writing mentor, and frequent contributor to the Finding God Daily blog. Visit Karen on the web at www.karenoconnor.com, on [Facebook](#) or follow on Twitter: [@karenoconnor](#)

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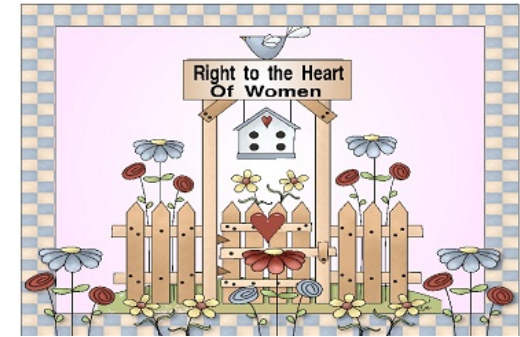


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Finding God in Mountain-Moving Faith

November 29, 2013 by [Finding God Daily](#) [Leave a Comment](#)

By Karen O'Connor:



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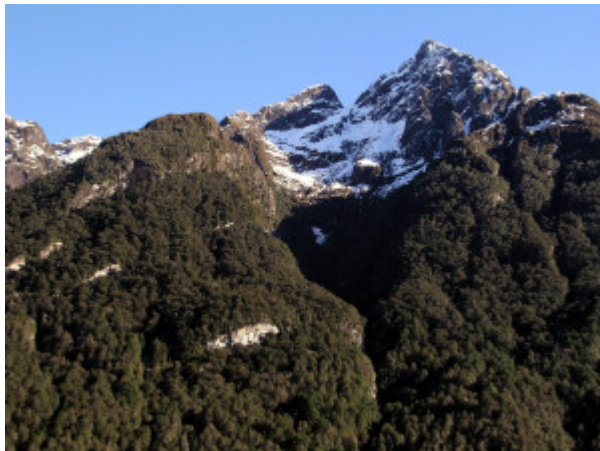
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Jesus said to his followers:

“Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you” (Matthew 17:20 in the Bible).

Of course this doesn’t mean, as my pastor made clear one Sunday, that God will allow us to shift the Sierra Mountain Range around like magic! But it does mean that we can find God in mountain-moving *faith*—the kind of belief in Him that will not allow any ‘mountain’ to defeat us: no mountain of fear or failure or guilt or worry or sorrow or challenge.

Whatever your mountain, you can remove it when you stand firm and trust God. You don’t have to try harder or stay up longer or work to your utmost to move the mountain—not at all. You simply need to have faith in a mountain-moving God.

The Lord will then answer in the way that he knows is best for you. You can count on that. No doubt God has already moved many mountains in your life—but you may have forgotten some—as I have in my life until I stop and think and then remember them.

He moved:

The mountain of fear of lack by giving me consistent work.

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AWSA



The mountain of unreliable transportation by giving me an affordable car.

The mountain of a toxic relationship by taking that person out of my life.

The mountain of separation from my parents by bringing them closer to me before they died.

When you believe in and serve a mountain-moving God He will empower you.

Jesus said:

“Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these . . .” (John 14:12 in the Bible).

Find God in mountain-moving faith and live the life you’ve always wanted.

Take a look at this inspiring YouTube video on the power of mountain-moving faith.



©Karen O'Connor. Karen is an author, writing mentor, and frequent contributor to the Finding God Daily blog. Visit Karen on the web at www.karenoconnor.com, on [Facebook](#) or follow on Twitter: @karenoconnor

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